

2017-2018

Paradise ISD encourages school staff to improve their health status through health-related activities. Participation in opportunities that promote a healthy lifestyle contributes to not only improved health, but also increases overall personal and school morale, and decreases absenteeism. This commitment often transfers into greater commitment to the health of students and creates positive role modeling. Current programs available to staff:

Bridgeport has a mountain biking trail that is beginner-friendly. All that is required is a bicycle capable of riding off-road, a helmet, and drinking water that can be carried with you. For info- contact James Moats

New Weight Watchers meeting in Bridgeport.

<https://www.weightwatchers.com/us/find-a-meeting/1234949/blue-sky-wellness-center-bridgeport-tx>

PISD Track is open to the public- (currently closed until resurfacing is completed)

High School Weight Room available outside of peak student use- Contact Coach Gage, if interested.

Enjoy a good run? Contact Christi Ryle, High School, if interested.

It's Time Texas, Community Challenge- register and log your healthy habits to earn points for our school. For more information, contact Dianne Meadows, Junior High.
<https://ittcommunitychallenge.com/en/communities/paradise>

Fit-N-Wise- Decatur- Offers employee discounts and no registration fees

- Adult Volleyball Leagues- call for registration information

Fort Worth Zoo Run-

Camp Gladiator- For information contact Heidi Bragg, Intermediate

CIZE dance workout. Meets twice weekly at the Elementary. Contact Kim Talley, if interested.

Walk Across Texas- Texas A&M AgriLife- All staff members are encouraged to form teams of 8 and participate. More information forthcoming.